

IPL & Laser Facial Instructions

Pre-procedure:

- Accutane must be discontinued for at least six months prior to treatment. Come to your appointment with a clean face, without makeup or creams if possible.
- Avoid tanning for at least 4 weeks prior to treatment. This includes sunless tanning creams. We won't be able to perform your treatment if you are tanned.
- Stop retinols 7 days before your procedure.
- Topical numbing cream is available on an individual basis. It is generally not needed. The nurse will discuss this with you at your consultation.
- We will take photographs for your record at your first visit.

Post-procedure:

- Cool compresses will be applied immediately following your treatment to reduce discomfort and possible swelling. Minimal redness and swelling is considered normal and should decrease within 24 hours. While crusting or mild blistering is uncommon, it is generally not serious if it occurs. You may use Aquaphor or Bacitracin for crusting.
- Hyperpigmented areas will become darker and flaky before sloughing off. This usually takes approximately 7-10 days and up to 3 weeks for chest and other non-face areas.
- You may resume retinols in 7 days.
- Please avoid sun exposure at least 2 weeks post procedure. We recommend using a broad-spectrum UVA/UVB sunscreen daily.
- Although you may notice a significant improvement after one treatment, multiple treatments provide superior and more lasting results.

Please call the office with any questions.

Office: 301-881-7770

Answering Service: 301-917-2929